252 Everybody rushes to gather up the seeds; even hobbling old men and little naked children eagerly take part. Great care is taken, however, to get none of the dust which covers the village square in great quantities, no matter how much sweeping is done. Ordinarily, however, the seeds are gathered very quietly and slowly in the late afternoon, all the more slowly since the loam of which I have already spoken is carefully removed from the seeds. The fear of surprise downpours, incidentally, has produced all kinds of preventive medicines which I shall describe in another place (Section 14). /97/

244 B6 Ngon suffer from pests more than the groundnut. Among these are beetles and caterpillars, but above all a species of bug which feeds on the leaves and a number of mammals which feed on the fruit. Among these mammals should be mentioned especially the red-tailed monkey, Cercopithecus buccalis Lecomte (okôa), and, wherever it occurs, the baboon, Maimon planirostris Elliot (esi'ge); furthermore, from the family of squirrels there are Sciurus eborivorus Du Chaillu (mvôk) and Sciurus lemniscatus Lecomte (okôb); among the mice, the worst pest is Dendromys messorius Thomas (njaa); and there are also other species, such as Mus pusillulus Pet. (okôa). In places elephants and buffaloes, which likewise eat the fruit, create a great deal of destruction. The guib (nkôk) eats the leaves. Fruit rot (nti' ngon, that is "diarrhea of the ngon"), the result of an overabundant rainfall, likewise reduces the harvest, at times to a considerable extent. Against all these enemies there is not much to be done since they do not pay much attention to preventive medicines; nonetheless, Pangwe women believe that they can influence the seeds and the young plants by all kinds of means, as in the case of the groundnut. One such means, be-aya, has already been described in connection with the groundnut. A second method consists of sprinkling the seeds themselves in the bush plate where they are kept for sowing with red wood that has been ground to a powder (red wood as a symbol of growth, joy, and reproduction). Another procedure to encourage the growth of the ngon plants and to make them produce an abundance of fruit is called emiê ndôb, that is, squirting of (the medicine in the) banana leaf vessel. For this purpose a vessel made of banana leaves is buried in the middle of the farm or set up there, and the following things are put into it.

238 As regards poultry, only the hen (kub IV) is native. Only its
262 meat, not the eggs, is used for food, and even that rarely and on special occasions. At the proper place I shall return to the significance of the hen in the religious conceptions of the natives.

For the hens, small pens of logs are constructed behind the
235 house. In addition, baskets are hung for them on the outside and
47 inside walls of the house where they can brood. Finally, the brood hen is /108/ not refused a resting place in the house on some unused bed if she should consider it the safest and most suitable place for herself and her chicks. A hole at the bottom of the wall serves as an exit for the hen's family.

235 During the 1880's and 1890's ducks with a red band around
177 the eyes were introduced. Around 1890 they arrived in the Fang region and were called ekɔ̃ (wild duck = ekɔ̃'ɔ̃); later they were called ɛ́ŋ̀gɛ̀' III.

231 Like other primitive peoples, the Pangwe cannot be called animal lovers. Except for parrots, one sees practically no tamed forest animals, not even monkeys. The Pangwe "tire" (a ŋ̀gɔ̀) of looking after and feeding them, and under such circumstances one cannot blame the freedom-loving quadrupeds and birds for seeking to escape or lying down to die. Gray parrots, which immediately introduce themselves to every stranger by their name, for instance, as ekɔ̃'kɔ̃' a kite, are quite common. They usually find their food on the garbage heaps or among the leftovers in the house. Now and then one sees wild boars that were caught when young. Once I was brought a young leopard which a woman had tried to keep alive by feeding it from her breast; the animal badly scratched the helpful woman, and she quickly abandoned her voluntary maternal role.

231 The bee, Apis mellifica L. var. adzowoi (nyɔ́ŋ́) IV, bɛ́ŋ́' IV
232 Fang), is not kept, but wild honey (wɔ̃' ; plural, mɔ̃'), which for the most part is to be found in tree trunks, is gathered and consumed raw.

III. Fishing

226 West Africa is one of the areas of the world richest in fish.
136 Hence, the numerous rivers and streams of the Pangwe region possess great quantities of different kinds of fish. Some of the most

296 outstanding and most typical representatives of the fish world of
•136 the Campo-Ualle region are shown on Plate 9. Here the family of the sheatfish (Siluridae) is especially abundantly represented. Of these fish we should mention: Eutropius batesensis Blgr. (ekíde Fang, kíde IV Ntum; young = ongé): the spiny-finned sheatfish, Auchenoglanis balayi (Sauv.) var. gravati Pellegr., that is the catfish of the Pangwe, ngón I (1); Clarias submarginatus Pet.

1. ngón I, the civet cat Genetta, because the fish is spotted in exactly the same way.

(myá' IV Fang, myá' IV Ntum); and Clarias walkeri Gthr. (ngá' IV). as well as a new Synodontis species, Synodontis tessmanni Pappb. (ebú'), and a new Clariallabes species, Clariallabes longicaudatus Pappb. (ndóngo I, ongón III). Furthermore, species were gathered from the genera Daumea, Parauchenoglanis, and Anaspechilus. Of the Mormyridae the following should be mentioned: Gnathonemus monnii (Gthr.), anó'o, which is to be found everywhere and is notable because of its peculiar /109/ tail fin equipped with an electrically charged organ; and, secondly, Marcusenius ephelcodes (Sauv.), mbóm'im I. Both of these are smaller species and of no importance for the Pangwe. Of the family of the Characinidae, the following are especially noteworthy: Sarcodaces odoé (Bl.), mó I); Distichodus hypostomatus Pellegr., mbúl I; and the newly discovered Alestes tessmanni Pappb. (ekíde Fang, kíde IV Ntum). From the family of the Cyprinidae there are species of Barbus, such as Barbus guirali Thomin (myá III, endzíma myá), and the new Barbus malacanthus Pappb., as well as several species of the genus Barilius. In addition, I have collected species from the families Cyprinodontidae, Anabantidae, Cichlidae, and Mastacembelidae, which I shall not describe in detail here.

326 The wealth of fish in the larger streams is exploited to a rela-
561 tively minor degree because the Pangwe feel themselves too unsafe with their ill-made rafts on the many rapids. Moreover, the small number of dugouts, which must also handle the traffic at river crossings, is insufficient for a satisfactory exploitation of the abundance of fish, as well as totally unsuited for a regular fishing industry

234 Only where there is great profit to be had, namely, in the hunting of elephants, do they take more trouble and hence achieve results that are notable in view of the simplicity of their hunting weapons (flintlock with pieces of iron or a spear, Figure 85, as ammunition). For the rest, the Pangwe do not accomplish much even with better hunting rifles. For example, of the many Fang hunters equipped with modern rifles whom I had in my service in the course of three years, only one ever shot an antelope. Later, on the other hand, a Pygmy shot five antelopes in one week, and on one occasion two were shot in one day. The beautiful crown eagle, Lophoaetus occipitalis Daud. (ebŏ'ĕk), and many other animals which because of their shy nature require a real huntsman were never laid low by my gentlemen hunters. Usually too easygoing to go into the forest alone, they love to carry on a loud, uninhibited conversation and laugh gaily on a hunting expedition, which of course soon gives them away to the game. Not just once, but many times it happened that my hunting companions, at the sight of the game that I was plainly observing, shouted with a voice that could be heard far and wide: "ŋ̀ ne nie!" = "he be him!" there he is!). Even today I still recall with amusement how my faithful Ajong Boka roused an unsuspecting long-tailed monkey -- I was just waiting for it to move into a position where I could get a better shot at it -- with a shout: "kiama, mvĕ, mvĕ!" (mvĕ = red-tailed monkey), and how the frightened animal raced off in mad leaps.

[91] [94]

Completely unaffected as the Pangwe are by principles of sportsmanship, their lack of success in hunting is of course the fault of the rifle or -- the women (see Section 18, "Sexual Life"). Innumerable hunting and rifle medicines, to which I shall return in Section 13, force themselves upon us in confusing abundance. In addition to the major medicines (nsĕ̀ŋ, nigungu) /Fig. 85 appears here in the original text/ associated with cult activities and carried out by the entire village, /137/ I have recorded about 100 minor medicines intended to put the individual man back on his "hunter's feet."

Among the various forms of the hunt to be discussed here, the lowest, the hunting drive, which after all entails nothing more than chasing the prey into traps, is the most highly developed. We must distinguish:

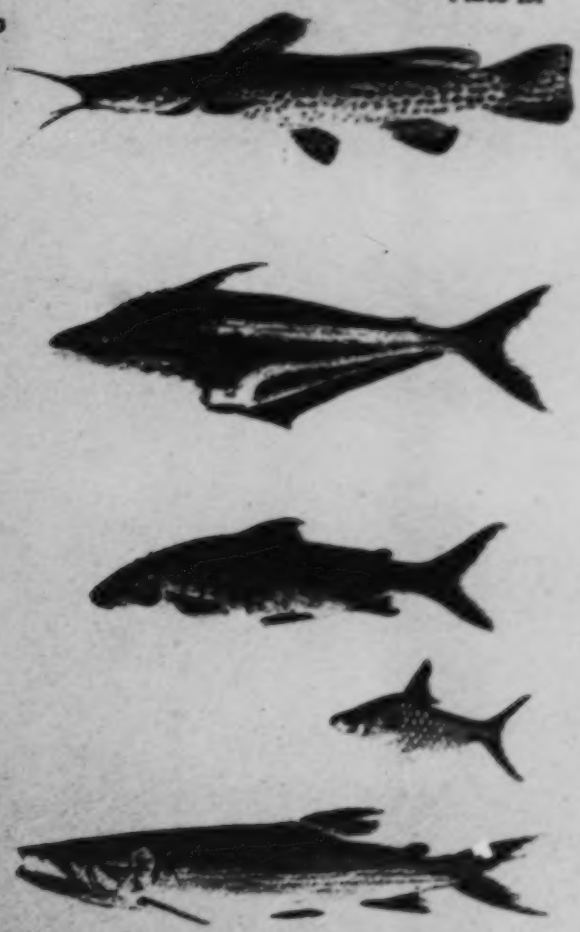
(4) Cassava rolls or cassava leaves (mbɔ̀m I-mbɔ̀m, ebɔ̀bɔ́).

These require more time to prepare, from four to five days. The roots are placed in water holes just as they come from the plantation, that is, with the rind and without being cut into pieces (with the exception of very large roots which are cut in two). /Fig. 98 appears here in the original text./ /154/ /Figs. 99, 100, and 101 appear here in the original text./ This is done in order to draw the poison out of them. Ntum and Fang women attach no importance to the kind of water in which they place the roots; indeed, they seem to prefer swampy areas, such as raffia swamps. In those places one often sees the remains of the cassava on the thoroughly muddy water and along the edge of the puddle; over the remains an enormous number of butterflies floats like a cloud, especially blue and white Pieridae, varieties of Papilio, among them the large blue Zalmoxis. These holes, which have a strong odor of both mud and cassava, are valuable places of discovery for the collector. In the northern region, on the other hand, among the Jaunde, Bene, and many Bulu, cassava is not placed in the swamp but on the sandy bottom of clear, flowing streams, near the bank where the water flows more slowly. Also they take the trouble to block off a stream so that only a little water can run through. Then the roots are placed on the bottom downstream from the dam. Perhaps the reason for placing the cassava roots in clear, running water in the northern region is that there are few raffia swamps in that area. The cassava has to lie in the still or very gently flowing water for a period of from three to four days, three days in the case of younger roots and four days in the case of older, strong roots. After this period the woman takes the roots out and by hand pulls off the bark together with the firmer fibrous layer underneath. This job presents no difficulties. Then she lightly washes the roots on the spot and pulls out the center rib. With both hands she presses the cassava into a ball in the water -- during this process it exudes a whitish sap -- and places the balls in a basket lined with leaves. Further preparation is done in the house; there the cassava is pulverized on the grindstone, and the powder is poured on leaves which the woman picked on her return from the swamp. In the south these

1: Tessmann--334 E-5 (1904-1909) 1913 FH9 Fang FH9

Plate IX

136



Fish from the Campo and Uelle Rivers.

a. Auchenoglanis balayi (Sauv.) var. gravoti Pellegr. (Fam. Siluridae).
b. Eutropius banguelensis Blgr. (Fam. Siluridae).
c. Distichodus hypostomatus Pellegr. (Fam. Siluridae).
d. Barbus guirali Thomin. (Fam. Cyprinidae).
e. Sarcodaces odoë (Bl.) (Fam. Characinidae).

757 278 resin of Pachylobus fraxinifolius Engl. (ákɔ̀ɔ́), which kills the parasites that might have stayed in the flesh, is smeared on them.

The medicines for lice (ndzo) were given in Volume I, page 188.

An effective emetic, which, however, is rarely used, is supplied by Microglossa volubilis D.C. (myɔ̀vɛ̀ I). The leaves are ground and steeped in water, and the water is then drunk.

An infusion of the bark of the Olacacea Strombosiopsis congolensis de Wildem. (edzib, from dzib, "to close") is supposed to have a constipating effect; it is used cold as an enema. An infusion of avɔ̀m is supposed to have the same effect.

As a laxative Cassia occidentalis L. (ebɛ̀ŋ́ ní) is used, the leaves being ground and put in cold water, and this is drunk; furthermore, young shoots from the Rubiacea Urophyllum /182/ callicarpoides H. (mbɔ̀ɔ́' III) are ground in water, and this liquid is used as an enema; finally the root of Physedra longipes Hook f. (ebɛ̀'i) is steeped in cold water, and the liquid used as an enema.

752 136 One rarely hears anything about snake bites in the Pangwe region. Despite the fairly large number of species of these reptiles, there are only a few whose bite is almost always deadly. These include Bitis nasicornis Shaw (fɛ́ɛ́' IV Ntum) and Naja melanoleuca Hall. (eyɔ̀ndí nyɔ́', "black snake"). Those whose bite frequently leads to death include Naja guentheri Bgr. (okɔ̀m), Atheris squamiger Hall. (yíɔ̀t IV), and two Thrasops species, Thrasops flavigularis Hall. (nkɔ̀'ɔ́ɔ́-nɔ̀ɔ̀t III) and Thrasops aethiops Günth. (nkɔ̀'ɔ́ɔ́-fɔ̀m III). All other species, even if some of them are poisonous, are little if at all feared since their poison is not fatal and can be made ineffectual by medicines. The varying effect of snake bites has given rise to the belief that those who die from them had been engaged in sorcery the night before (nwɔ̀ɔ́n I, that is, one who must die), whereas the others did not (nnɔ̀ɔ́n I, that is, one who shall live).

752 278 In the treatment of snake bites the principal role is played by a stone concerning which I was unable to discover any further details. In addition, the leaves of the Urticacea Pouzolzia guineensis Benth (mbɔ̀ɔ̀nɛ̀' III) or of Solenostemon ocimoides Sch. et Th. (avɔ̀, e sí) are ground in water, and with this the wounds are washed; or the sap of the Guttifera Haronga paniculata (Pers.) Lodd. (atɔ̀ɔ́) -- which is also used when goats are castrated -- is dripped into the wounds.

137 The humidity promotes vigorous forest vegetation throughout almost the whole area under consideration: on the plateau, primary forest (afan) giving way to secondary forest of softwood and dense undergrowth (ékókók) (2); in the valley of the Ogooué there is swamp forest

134 112

2. In my view ékwoolo or ékook clearly denote secondary forest but of the brushwood variety, and, if I understand correctly, ékook is used to describe fallow, land that has been cultivated and that is still more or less in use.

Secondary forest would be called afan, in which the nuance of cleared forest is lost.

Primary forest would be called mfun afan. (J.B.)

at Poto-poto /2/ and mangrove in the estuary. Only north of Yaoundé, in Beti county, is there park-savanna with gallery forest along the
134 tributaries of the Sanaga. Black earth with thick humus (évindiri) is found in the valley bottoms, with red earth in process of rapid lateritisation (évélési) predominating, especially in the north.

135 The minerals are: a medium grade of lateritic iron, which is fairly common; rutile /an ore of titanium/; a little placer gold; perhaps a little copper.

136 Wild fauna is still quite abundant in the less populated regions and is extremely varied. There are anthropoids (gorilla, chimpanzee, and perhaps a third species, évôk, not described by French writers but listed by Du Chaillu and by certain German zoologists); elephant; hippopotamus (becoming extinct); manatee (nearly extinct); buffalo; many kinds of antelope, among which the great Cephalophus (ôk) plays an important role in social and religious life; flying squirrels; earth hog; pangolins; river hog and forest pig; rock badger in the south; panthers; tiger cats; civet cat; otter, and parpassa /?/; various reptiles, among them python, Dendraspis, Bitis gabonica, and cobra; numerous diurnal and nocturnal birds of prey; touraco, toucan; Buceros; francolin; grey parrot; giant snail and fresh-water bivalves; fresh-water crabs and prawns; abundant siluroids; crocodiles; various insects, among them the goliath beetle, etc.

164 There are many parasites and insect vectors: dysenteric amoeba;
136 ankylostoma; microfilaria; plasmodia; Trypanosoma (especially in the east); jigger flea; forest ticks and leeches are rather uncommon.